

KB Krazy Workout

This is another workout that is only one time through to complete. The catch is that each exercise is pretty high rep and you might need to rest as you go through.

Complete this workout 3 times per week for 3 weeks, just a little different than the other workouts. Try and get at least 2 cardio days per week for a minimum of 30 minutes. Your physical conditioning should be on a steep rise at this point so your body is ready for almost anything.

1. KB Swings: 50 reps. You have done swings now a few times so your technique should be pretty good by now.
2. KB Shoulder Press: 25 reps for each arm. Each arm is done separately. As long as your form is good and you're not using your legs at all to boost the KB up, use whatever weight challenges you.
3. KB Goblet Squats: 50 reps. This is a great lower body and core exercise because you are holding a KB at chest level. Holding the KB here will allow for a better squat motion.
4. KB Bent Over Row: 25 reps per arm. Keeping your technique sharp is a must during this exercise.
5. KB Fling: 50 reps. You will use the Kamagon balls in the exercise class room. As far as I know, FitCity is the only place that has this specially made KB rubber ball with water. If you can't make it down to FitCity then just skip this exercise. This is a fun exercise because you get to fling the ball safely into the air.
6. KB Chest Press: 25 reps per arm. You will complete this exercise one arm at a time. There is a special technique used to get the KB to the shoulder. Please check out the video. If you don't have KB's or don't want to do this on the floor, using a DB on a bench is also good. Since you're using one arm at a time be careful on the bench as it's easy to slide off on the side with the DB.
7. KB Squat Press: 50 reps. If you use two KB's you'll only complete 50 squats. If you use one arm at a time, you'll get 100 squats. Either will be great.